

Eifel Times

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Spangdahlem Air Base, Germany

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News Briefs

Wing change of command

Col. Dave Goldfein relinquishes command of the 52nd Fighter Wing to Col. Darryl Roberson June 23 at 10 a.m. in Hangar 1. All guests are encouraged to arrive by 9:40 a.m. Dress is uniform of the day.

Col. Goldfein farewell gatherings

- ♦ Col. Dave Goldfein lands at Hangars 1-2 Tuesday at 4 p.m. following his final flight as the 52nd Fighter Wing commander. Call Capt. Sean Penrod at 452-4298 for event details.
- ♦ A farewell party for Col. Dave and Mrs. Dawn Goldfein and family, takes place June 17 at Club Eifel. Social hour begins at 6 p.m.; dress is "smart casual," cost is \$11.95 per person. To reserve tickets, call your squadron first sergeant or group chief.

Squadron changes of command

- ♦ Lt. Col. Paul Story relinquishes command of the 52nd Security Forces Squadron to Maj. Paul D. Cairney in a formal ceremony Tuesday at 10 a.m. in Club Eifel. Due to the event, the driver's licensing office is open only from 7:30-9:15 a.m. For information, call 452-6620. Also, the pass and ID and vehicle registration office is open Tuesday from 8-9:15 a.m. and from 12:30-4:15 p.m. For information, call 452-5935 or 452-6695.
- ♦ Lt. Col. Steven Caberto relinquishes command of the 52nd Medical Operations Squadron to Lt. Col. Margaret Walsh in a formal ceremony June 29 at 3:52 in Club Eifel. For more information, call Staff Sgt. Khalisha Savage at 452-8321.

No newspaper June 16

The *Eifel Times* will not be published June 16 due to a German holiday. The next issue is available June 23.

Wreck report

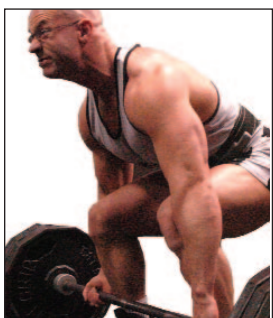
There was one DUI, and six minor accidents and three major wrecks during the last week. Two of the major wrecks happened because of a vehicle malfunction. A third resulted from improper passing. There were no injuries. (Compiled by Amber P. Christiansen, 52nd Security Forces Squadron)

See **BRIEFS**, Page 2

More power!

Team Eifel powerlifters push their strength and determination to the max.

Read, "Spang Airmen lift to new heights, weigh in on fitness routines," on Page 8



Team Eifel welcomes new inbound commander, Col. Darryl Roberson

Former 480th TFS F-4G instructor pilot returns to lead 52nd FW Sabers

Staff reports

Team Eifel welcomes one of its own back to Spangdahlem Air Base when Col. Darryl Roberson assumes command of the 52nd Fighter Wing June 23 at 10 a.m. in Hangar 1.

Following pilot training and nearly a year at Ramstein Air Base as an F-4E pilot, the 1983 Air Force Academy graduate moved to Spangdahlem Air Base where he served as an instructor pilot for the 480th Tactical Fighter Squadron from May 1986 to June 1987.



Col. Darryl Roberson

The colonel's command assignment here follows a nearly two year service as the assistant deputy director for Anti-Terrorism and Homeland Defense for the Office of the Joint Chiefs of Staff, Directorate for Operations, J-3, in Washington D.C.

A command pilot with more than 4,200 flying hours, 366 of which are combat hours, Col. Roberson has trained F-4, F-15E and F-16 pilots, in addition to serving as flight-lead during Operation Desert Storm, as an Air Force Thunderbirds demonstration pilot and as deployed operations group commander during Operation Iraqi Freedom.

During his career, the colonel has earned the Legion of Merit, two Distinguished Flying Crosses, the Bronze Star Medal, two Meritorious Service Medals, eight Air Medals and five Aerial Achievement Medals.



Staff Sgt. Ryan Hansen

Show of FORCE

SOUTHWEST ASIA -- Senior Airman Zak Lancaster, 386th Expeditionary Logistics Readiness Squadron Fuels Operational Readiness Capability Equipment operator, monitors the gauges on a new fueling system while refueling a C-17 Globemaster. Read more about the new FORCE refueling system used downrange on Page 2.

Teachers help accident victim cling to life

Team Eifel members use lessons from first aid class to nurse wounded stranger

By Senior Airman Eydie Sakura
52nd Fighter Wing Public Affairs Office

A quarter mile of debris; a demolished guardrail on the right side of the road and a shoe in the middle lane; the hood of a car on the left. This was the scene that two Spangdahlem Air Base members drove up on at approximately 6:45 a.m. May 6 on Autobahn A-1 near Ramstein Air Base, Germany.

Karen Ventrice, American Red Cross first aid and cardiopulmonary resuscitation instructor, and April Goetz, Spangdahlem Middle School teacher,

were heading to a flea market when they noticed a man in the road directing traffic. They decided to pull over and provide assistance when they saw another man lying in the middle of the Autobahn.

"(The man) had been bleeding severely and there were two German men standing over him. I asked them if I could provide assistance and told them I was trained (in first aid)," said Ms. Ventrice, ARC first aid and CPR instructor. "They said I could help, so I ran to my car and grabbed my first aid kit, blankets and towels I had in the car. I also grabbed my daughter's soccer shirt."

The unidentified victim had lacerations across his chest, his right arm was nearly severed just below the elbow, and

he was in shock. He was losing blood from his head, but Ms. Ventrice was not sure what kind of head wound the man sustained.

"There was no blood near his chest and arm. That is what happens when you go into shock," Ms. Ventrice said. "The blood flows to the worst injury, and blood was being forced out of his head."

The ARC instructor took a T-shirt and wrapped the man's head. He bled right through it, so she continued wrapping his head with towels and blankets. Ms. Goetz flagged down passing vehicles to acquire more towels, blankets and rags to help stop the bleeding.

"Karen asked me to hold his arm

See **LIFESAVER**, Page 2

RESCON Watch

ALPHA

0 DUIs in the Last 30 Days

Days since last DUI: 33

Rank of last DUI: staff sergeant
Squadron of last DUI: 52nd SFS

Large unit with best record: 52nd Communications Squadron, 162 days
Small units with best record: 52nd Medical Support Squadron,
52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.

News Briefs

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Clinics closed Thursday

52nd Medical Group clinics are closed Thursday from 7:30 a.m. to 4:30 p.m. for training. People requiring urgent medical care should visit the Bitburg Annex Hospital Emergency Room.

Manpower moves office

The 52nd Mission Support Squadron Manpower and Organization Flight is now located on the third floor of Spangdahlem AB building 125. Call 452-7409 for details.

Promotion party

A technical and master sergeant-select promotion party takes place June 16 from 4-9 p.m. in Club Eifel. Cost is \$20 per promotee. Call Master Sgt. Jerry Archuleta at 452-9499 for details.

CGO professional development

The Company Grade Officer Professional Development Course takes place June 27-28 in Spangdahlem AB building 305. Call Capt. Alicia Thompson at 452-7409 for details.

Open House help wanted

The 52nd Fighter Wing Public Affairs Office seeks English, German, French and Luxembourgesch-speaking helpers for the Spangdahlem AB Open House information booth July 1 from 9 a.m. to 5 p.m. E-mail pamela.anderson@spangdahlem.af.mil or call 452-6833 for details.

Family member IDs now available

All family members issued Defense Department Forms 1172 in lieu of a current ID card should visit the Military Personnel Flight Customer Service Office with their sponsors for official ID cards. Call Capt. Eleanor Phillips at 452-6725 for more information.

Dining hall extends hours

The Mosel Hall Dining Facility is open from 1-5:30 a.m. Fridays and Saturdays with a limited night menu for a two-month trial.

Report accidents immediately

In accordance with SABI 31-204, Para. 3.36, Team Eifel members must report all auto accidents immediately, regardless of where they occur. Call the 52nd Security Forces Squadron Law Enforcement Desk at 452-6666 for details.

Lifesavers



Karen Ventrice, left, American Red Cross first aid and CPR instructor, answers questions during a first aid and CPR recertification course for Jane Krumlauf, Spangdahlem Elementary School nurse, middle, and Cheri Helfenstein, Spangdahlem Middle School nurse, May 22. Ms. Ventrice used basic first aid to save a man's life following a car accident May 6.

Senior Airman Eydie Sakura

Continued from Page 1

together, as it was exposed and open. I couldn't," Ms. Goetz said. "She told me it was 'OK' and that I should pray. So I prayed and prayed."

Ms. Ventrice continued holding the man's head to stop the bleeding. She held him for roughly 20 minutes before the emergency response team arrived.

"During the time I was holding onto the gentleman, he was mumbling something," Ms. Ventrice said. "He kept reaching for my arm. I kind of moved it out of the way and told him it was 'OK.' He kept trying to lift (himself) up, which was odd and I think he was trying to communicate."

Once the German Polizei and fire department arrived, Ms. Ventrice continued providing aid and supported the man until an IV and oxygen mask were administered.

The unidentified man survived, has no brain damage and his arm was reattached.

"What's truly amazing is he would have bled out because he was bleeding massively," Ms. Ventrice said. "I kept applying towels and putting pressure -- it's something we teach in the basic first aid class -- apply pressure."

Spangdahlem AB ARC instructor trainer Tom Smith, said he was very excited to know a person who possessed the necessary skills taught by the Red Cross used them to help an injured person, as most people will fortunately never have to use them.

"I have no doubt the skills were properly applied; it helped the man considerably," Mr. Smith said. "Since we are a mili-

American Red Cross first aid and CPR classes

Classes are offered the second Saturday of each month at 8:30 a.m. in the Bitburg Annex. The class trains people how to recognize and treat injuries, perform CPR and use an Automated External Defibrillator, or AED, to restart the heart via electric shock.

The cost is \$25 per person and includes text materials, the use of mannequins and certification cards. For more information, call the ARC at 452-9440.

tary community located overseas, we need to keep our members of the community as safe as possible at all times with the knowledge of how to respond to an emergency."

Ms. Ventrice said the experience proves how important learning basic first aid and CPR is to everyone.

"You never know if it's going to happen to you, your friends or a loved one -- or even in a situation with a stranger," she said. "Most people don't plan to run upon an accident like this. You just kind of stumble upon it."

New fuels system eases aircraft refueling in high tempo areas

FORCE system reduces manpower, equipment, time needed to gas up by half

By Staff Sgt. Ryan Hansen
386th Air Expeditionary Wing Public Affairs Office

SOUTHWEST ASIA -- Airmen here are refueling aircraft faster than ever before and with fewer people thanks to the next generation of fuels mobility support equipment.

The new system is called Fuels Operational Readiness Capability Equipment, or FORCE. This equipment is making life easier here for Airmen and saving the Air Force time and money across the board.

"FORCE will become the standard in the area of responsibility," said Master Sgt. Stacy Baker, 386th Expeditionary Logistics Readiness Squadron fuels management flight superintendent, deployed from Spangdahlem Air Base. "It's really making a big difference for us."

The fuel management flight provides all refueling support for the 386th Air Expeditionary Wing as well as the Japan Air Self-Defense Force and the Republic of Korea Air Force stationed here. They also supply all ground fuel support for the entire base.

"The ops tempo here is relatively high," Sergeant Baker said, "so we're glad to have the new system."

FORCE has helped the flight cut their aircraft refueling time by almost half. The old system took a four-person team with four pieces of equipment around 42 minutes to refill a C-17 Globemaster.

"With FORCE, we can do it with two people and two pieces of equipment in 24 minutes," Sergeant Baker said. "The C-17 crews absolutely love it."

The new system also lets the team refill two of their fuel trucks simultaneously. Before FORCE they could only do one at a time.

"After we empty a 6,000 gallon refueler I can go out to the FORCE equipment, fill it back up and be out at the next aircraft in 30 minutes," said Tech. Sgt. Gregory Goode Sr., FORCE NCOIC, deployed from Shaw Air Force Base, S.C. "With the old system it would take us about 45 to 60 minutes, so we're saving almost 30 minutes."

FORCE also helps the flight when they

refill their fuel bladders.

"With FORCE we can receive fuel at about 600 to 700 gallons per minute," Sergeant Goode said. "That's very much faster than it used to be. The old equipment would maybe hit 400 gallons per minute, so we're almost double that."

"... because of FORCE we'll eventually be able to cut the numbers of people deploying here."

-- Master Sgt. Stacy Baker, 386th Expeditionary Logistics Readiness Squadron fuels management flight superintendent

The new fuels mobility support equipment could be compared to similar types of equipment the troops use back home. It pumps similar amounts of fuel at similar rates of capacity, however FORCE is mobile.

"With FORCE we have more flexibility," Sergeant Baker said. "If the flightline layout were to change or the operations tempo increases and we needed to adjust, we can move it to meet the need."

The equipment first arrived in the AOR in late 2005, and during the two subsequent rotations it was tested by the fuels management flight. With the arrival of the latest rotation, FORCE's testing is now complete, and the 25

Airmen of the flight are all glad to have FORCE on board.

"The new system pumps a lot faster, gets the aircraft out quicker and keeps the fuel trucks rolling faster," said Senior Airman Zak Lancaster, FORCE operator, deployed from Spangdahlem AB. "It's really a great system."

In addition to all of the advantages FORCE brings to the current rotation, its effects may be felt by Airmen even further down the line. With increased capability the number of deployed members to the unit should decrease.

"Our biggest savings is going to be with manpower positions," Sergeant Baker said. "Obviously that has to be worked out with (U.S. Central Air Forces) and the AEF Center, but because of FORCE we'll eventually be able to cut the numbers of people deploying here."

Currently this is the only FORCE system in use anywhere in the world. However, plans are in the works to build another one for Airman at the fuels technical school at Sheppard Air Force Base, Texas.

"There's a bit of a learning curve, but its real user friendly," Airman Lancaster said.

"I really think it's going to be a great system for us," Sergeant Goode said.



Staff Sgt. Jennifer Lindsey

Top Saber Performer

Name: Capt. Stephanie Bloxdorf
Unit: 52nd Medical Operations Squadron Bitburg Annex Hospital Family Care Center
Duty title: Obstetrical nurse
Hometown: Mahaffey, Pa.
Years in service: Enlisted 14 years in the U.S. Navy and commissioned five years in the U.S. Air Force
Nominee's contributions to 52nd Fighter Wing mission success: Captain Bloxdorf expertly manages care of active duty and family member women in labor and assists the physician or midwife with the delivery. She provides care for the mothers and newborns after delivery. She also offers support and encouragement to breast-

feeding moms, and educates new moms on infant and self-care.

Helping others comes naturally to Captain Bloxdorf. Recently while shopping in a Bitburg store, she noticed a crowd gathering around a blue and lifeless gentleman lying on the floor. She assessed the situation and discovered that the man had no heartbeat and was not breathing. She started CPR with the help of an off-duty German nurse. The captain continued life-saving measures until the arrival of the ambulance crew. Her initial life-saving actions were successful; the victim left in the ambulance with his heart beating and color in his cheeks.

Off-duty volunteerism and professional development pursuits: Captain Bloxdorf is the 52 Medical Operations Squadron Air Force Assistance Fund representative. She assisted in the Combined Federal Campaign fundraising concert at the Brickhouse and participated in 52nd MDOS Morale Committee chili cook-off. She also volunteered for the Special Olympics in May 2006. For her professionalism, the captain's peers chose her for Family Care Center Star of the Quarter.

What do you do for fun? I travel as much as my schedule will allow. I am an avid gardener and I love to read. Recently I went to Amsterdam with three of my fellow FCC nurses, which was great fun.

What do you like most about being stationed here? I get so excited about the history around us here. I think we are lucky to be stationed in a central location which makes traveling to different countries so easy. Also, my great-grandfather came from Germany and I hope to find some relatives here.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I am pretty satisfied with the way things are, but I would not mind it if the post office had a day during the week with extended hours to accommodate shift workers.



Staff Sgt. Jennifer Lindsey

A special day

Alex Kurth, age 13, enjoys a spin on the rollerboard activity at the St. Martin's Special Children's Day event here June 1. Alex's event sponsor Tech. Sgt. Edward Medina, 52nd Civil Engineer Squadron electrician, coaches Alex to roll toward him under a billowing parachute following an assistance push by activity helper Senior Airman Giselle Rieschick, 52nd Medical Support Squadron laboratory technician. About 70 students from St. Martin's school in Bitburg, Germany, participated in the 52nd CES-sponsored, five-hour event featuring eight games and activities and about 350 base volunteers.

Eifel Salutes

52nd Operations Group

Smooth under pressure, **Maj. Gene Sherer** organized six successful Memorial Day fly-bys, and flew lead for two, over Belgium, France, Luxembourg and the Netherlands which were attended by the Prince of Belgium, the U.S. Marine Corps commandant, several defense ministers, and U.S. senators, congressmen and ambassadors.

52nd Maintenance Group

The weapons standardization section's **Staff Sgts. John Putnam Jr., Chadwick Carter, Jessica Fisher, Paul Siracusa, Brandon McGaha, Greg Smith and Stephan Mitchell,** and **Senior Airmen Nicholas Roden, Lee Provost, Brandon Sipes, Lee Smith, and Robert Huffman** are right on target, training and evaluating more than 42 wing assigned weapons load crews daily, keeping the wing constantly ready to project superior combat power! "Done graduated!" **Tina Carter**, 52nd Maintenance

Operations Squadron F-16 Cost Per Flying Hour analyst, completed her University of Phoenix master's degree in business administration.

52nd Medical Group

Now that's class! **Staff Sgt. Stacy Brittenham**'s 3.71 grade-point average in radiologic sciences landed her on the Midwestern State University Honor Roll. Flexing her NCO muscles, **Staff Sgt. Khalisha Savage** teamed up with first sergeants and the wing command chief and successfully developed the Alcohol and Drug Abuse Prevention and Treatment supervisor's course.

CDC stars

The following individuals earned scores of 90 percent or higher on their career development course examinations: **Senior Airman Benjamin Townsend**, 95; **Airman 1st Class Shandon Gray**, 93; and **Staff Sgt. Brandon Talbert**, 90.

Kudos to all; Team Eifel salutes you!

(Compiled from staff reports)

Top Saber Team



Courtesy photo

Unit name: 52nd Operations Group Administrative Support Team

Brief description of unit responsibilities: Directly responsible to the operations group commander for all administrative and information management issues supporting 550 personnel within the group.

Number of members: Two, Master Sgt. Michael Bradford, NCOIC, and Staff Sgt. Kerchell Strong, client support administrator

How does team fit into 52nd Fighter Wing mission: The team provides the operations group functional management, overseeing 14 information management troops in five squadrons. It also provides direction, guidance and functional management on all aspects of the IM career field, and ensures all members are properly trained on core and job knowledge tasks, including all client support administrator functions. Additionally, it manages manpower resources for peacetime and contingency operations, serves as the organization resource manager overseeing more than \$175,000 of computer resources, tracks all correspondence, suspenses, decorations and performance reports, and runs the group quarterly and annual awards programs.

Team contributions: Together, the group administrative support team expertly forecasted, processed and tracked more than 230 performance reports and 600 pieces of correspondence to add to mission readiness. Each troop's diligent efforts led to more than 70 quarterly and annual award winners, including an Air Force-level winner. Additionally, consistent excellence in developing weekly staff meeting slides keeps group leadership abreast of critical suspenses.

ERAU lauds Team Eifel grads

Staff reports

The following Team Eifel members recently earned degrees from Embry-Riddle Aeronautical University, which offers classes on Spangdahlem AB, Bitburg Annex, Buechel Air Base and Geilenkirchen, Germany. For more information about ERAU degree programs, call 452-7553, e-mail Spangdahlem.Center@erau.edu, or visit the Spangdahlem AB branch office in building 131, Room 303. It's open weekdays from 8 a.m. to 5 p.m. The Geilenkirchen branch office is located in the Geilenkirchen Education Center, building 104. It's open weekdays from 9 a.m. to 1 p.m.

Associate of Science in Professional Aeronautics

Staff Sgt. James Henson, 52nd Communications Squadron

Bachelor of Science in Professional Aeronautics

Tech. Sgt. Joshua Conder, 52nd Equipment Maintenance Squadron; **Staff Sgt.**

Eric Haupt, 606th Air Control Squadron; **Master Sgt. Jeffery Knobel**, 52nd Maintenance Operations Squadron; **Master Sgt. Ronald Lee**, 52nd Component Maintenance Squadron; **Tech. Sgt. Ernest Legrande Jr.**, 52nd MOS; **Master Sgt. Glenn Turnbull**, 372nd Training Squadron, Detachment 17; **David Wadsworth**, 52nd Aircraft Maintenance Squadron

Bachelor of Science in Technical Management

Allan Preston, 52nd EMS; **Master Sgt. Dan Williams**, 52nd Logistics Readiness Squadron

Master of Aeronautical Science

Capt. Anthony Brim, 22nd Fighter Squadron; **Master Sgt. Noel Keck**, 52nd EMS; **Senior Airman David Miller**, 52nd AMXS; **Maj. Ryan Nichols**, 52nd Fighter Wing; **Maj. Gene Sherer**, 22nd FS *(Information courtesy of the 52nd Mission Support Squadron Education Center)*

Dressing for the fall

Veteran motorcyclist stresses importance of wearing proper riding gear

By Master Sgt. Robert Brunt
52nd Fighter Wing Safety Office

Most motorcyclists have heard the term “dressing for the fall” at least once in their riding career, but how many abide by this unwritten rule? Typically, the “survivability” of various garment materials during a 50 mph ride and fall on asphalt shows that denim lasted no more than four feet before wearing through. Kevlar, on the other hand, lasted 18 feet. Standard motorcycle-quality leather garments lasted 86 feet. That is more than 20 times as effective as a pair of jeans when falling on asphalt.

According to AFI 91-207, the wear of proper protective gear states that all motorcyclists, military and Department of Defense civilians, must wear a brightly colored or contrasting vest or jacket as an outer upper garment during the day, and wear something reflective during the night. Outer upper garments should be clearly visible and not covered.

To clarify these requirements, a single-color dark jacket, such as black or dark grey, is not brightly colored. However, red, green and white are acceptable. The only time dark color jackets are authorized is when they have contrasting colors such as red, green or white in the design. In order to be seen by other motorists, black on black cruiser type leathers simply do not meet AFI requirements.

Even if people are wearing proper gear and doing their best to be seen, motorcycling is a high risk activity.

According to “The Hurt Study: Motorcycle Accident Cause Factors and Identification of Countermeasures,” a survey performed at the University of Southern California, motorcycle fatalities in the U.S. on average, resulted from the following:

- ♦ Running off the road in a curve, often involving excessive speed and almost always a “single-vehicle” accident, accounted for 41 percent of the total motorcycle fatalities;
- ♦ Running a traffic signal or stop sign at an intersection, most often by the other vehicle, accounted for 18 percent;
- ♦ Oncoming, head-on crashes accounted for 11 percent. About half were on straight roads and the other half on curves. Fifty-eight percent were attributed to the motorcycle rider’s failure to stay in their lane or excessive speed;
- ♦ Vehicles turning left into the opposite lane in front of oncoming traffic was the fourth most common crash accounting for eight percent of deaths. The left turn was almost always being made by the other vehicle with the motorcyclist having the right of way;
- ♦ Motorcyclists losing control of the bike, usually occurring on dry, level, straight roads with excessive speed involved, accounted for another seven percent of the total fatalities.

The chances of becoming a fatality are greatest while the rider leaned over in a curve. Riders should focus their attention on improving their riding skills. There is no sure-fire way to avoid every problem, so the best approach is to think of the worst possible scenario, adjust your riding style and train to react to a variety of riding situations.

Skill, judgement play major role in preventing motorcycle accidents

By Master Sgt. Robert Brunt
52nd Fighter Wing Safety Office

Do you know how you or your bike will react if you have come to a quick stop while leaned over in a turn? Envision yourself on a twisting back-country road traveling 60 mph through a corner, when suddenly you find yourself with only seconds to react to an obstacle in your path ... what do you do?

How can you safely train to react in a panic situation?

There is no “right” speed and it varies: from person to person, from motorcycle to motorcycle, from tire to tire, and from day to day. Each rider’s vision should be the limiting factor when they approach a corner. The line through a turn should not be dictated by optimal speed, but by optimal vision.

Just because a blind corner was clear last time you rode through it doesn’t mean it is now. Riders should slow down for corners that do not offer a clear view through the entire turn. This allows the rider more time to react to that unexpected obstacle. Ride safe ... Ride smart!

Wing safety offers tips, advice to avoid becoming distracted driver in the Eifel

By Master Sgt. James Douglas
52nd Fighter Wing Safety Office

Everyone is at risk for suffering distractions while driving and from other distracted drivers who are sharing the road. The National Highway Traffic Safety Administration estimates that about 80 percent of all crashes involve some form of driver distraction.

An NHTSA survey found that the most common distractions are talking with passengers, changing radio stations or looking for music selections, eating or drinking, talking on cell phones, and dealing with kids in the back seat.

“Different age groups appear to be distracted by different things,” said Dr. Jane Stutts, University of North Carolina Highway Safety Research Center epidemiological studies manager. “Drivers under age 20 were especially likely to be distracted by tuning the radio or changing CDs, while young adults, ages 20-29, seemed to be more distracted by other passengers.”

The “100-Car Study” analyzed nearly two million miles driven and more than 43,300 hours of data.

Follow these tips to prevent crashes due to distracted driving:

- ♦ Make adjustments to vehicle controls such as radios, air conditioning, or mirrors before beginning to drive or after the car is no longer in motion.
- ♦ Do not reach down or behind the driver’s seat, pick up items from the floor, open the glove compartment or clean the inside windows while driving.
- ♦ Mornings can be hectic, so set your alarm clock to allow time for personal grooming at home rather than in the car.
- ♦ When driving in unfamiliar areas, plan routes before driving. Drivers who need to refer to maps should park the car first or ask passengers to read the maps and help navigate.
- ♦ It is understandable that drivers will talk with passengers, but it is best to avoid very emotional conversations while driving.
- ♦ For cell phone conversations, drivers should pull over to the side of the road before beginning a conversation or wait until they reach their destination. The safest time to use a cell phone while driving is when stopped.

Speeding off-base can lead to hefty fines, penalties

German traffic violations are punishable under German law, not the Uniform Code of Military Justice. German authorities retain exclusive jurisdiction to initiate action. Unit commanders have the responsibility to take action on German traffic tickets. For more information, call the base legal office at 452-6796. The following list includes the monetary fines (excluding legal fees) Sabers can expect to pay if found speeding above the posted speed limit off base:

- ♦ **21-25 km/h** in town, 50 euro; outside of town, 40 euro
- ♦ **26-30 km/h** in town, 60 euro; outside of town, 50 euro
- ♦ **31-40 km/h** in town, 100 euro plus one month driving ban; 75 euro
- ♦ **41-50 km/h** in town, 125 euro plus one month driving ban; 100 euro plus one month driving ban
- ♦ **51-60 km/h** in town, 175 euro plus two month driving ban; 150 euro plus one month driving ban
- ♦ **61-70 km/h** in town, 300 euro plus three month driving ban; 275 euro plus two month driving ban

(Note: Miles x 1.6 = km)

(Information courtesy Ingrid Legrand, 52nd Fighter Wing Judge Advocate Office)

Are you within regulation?

Sabers reminded to check out AFI 91-207, SABI 31-204 before heading out door, jumping on motorcycle



Check out the Spangdahlem AB motorcycle club, the **Eifel Riders**, at their monthly meeting the first Friday of each month at noon at the Brickhouse. For details, visit <http://intranet/WingSites/ProfOrgs/EifelRiders/>.

Allied invasion on Normandy beaches remembered

By Chief Warrant Officer Three Heath A. Hielsberg
Joint Fires Center of Excellence

Shortly after the Japanese attack on Pearl Harbor Dec. 7, 1941, our nation wholeheartedly joined the war against the Axis Powers. America's patriotism soared and the country rallied behind her leaders as they prepared for certain conflict.

The culmination of our nation's preparations climaxed on June 6, 1944, in the early morning hours. It has come to be known as D-Day, code-named Operation Overlord. Historians have described it as the "greatest military invasion in history."

June 6, 2006, marked the 62nd anniversary of D-Day. Sadly, our nation's World War II veterans are dying at a rate of more than 1,500 daily. Retired NBC anchorman Tom Brokaw has described these brave souls as our country's "Greatest Generation." I agree. They never asked for accolades or rewards, they just did what they had to do. Today we can see veterans migrating back to the battlefields paying tribute to the friends who never returned.

The sheer number of personnel and equipment employed in the invasion is astounding, even by today's standards. Historical references state that more than 156,000 personnel, almost 12,000 airplanes and more than 4,000 ships all took part during the initial invasion of the Normandy region of France. The goal was to establish a foothold in continental Europe so the Allies could wage war against Hitler's Fortress Europe.

The first participants in the operation were the U.S. 82nd and 101st Airborne Divisions. Along with their British counterparts, the 1st Airborne, their mission was to insert by parachute and glider at night, and seize or destroy key target areas that would allow the amphibious forces to gain ground after several beachheads were established later that morning. The plan quickly disintegrated as most paratroopers missed their drop zones. The paratroopers' quickly adjusted tactics, consolidated as best they could and continued their mission with great success.

Shortly after first light, the 1st, 4th and 29th Infantry Divisions, along with elements of the 2nd Ranger Battalion, were assigned the responsibility of making the amphibious assault to one of five invasion beaches. U.S. units were assigned two beach areas code-named Omaha and Utah, while the British and Canadians were assigned three beach areas code-named Gold, Juno and Sword. All beachheads were secured in short time periods except one; Omaha. The 1st and 29th Infantry Divisions faced such strong opposition that some units experienced 95 percent casualty rates. Casualties were 5,000-plus and the beachhead was almost abandoned. The Allied liberators persisted and eventually broke through the Atlantic wall defenses.

As with any history lesson, we can compare the events of D-Day to events of our own generation. We face a threat to our nation just as they did. The world banded together then to stop tyranny as the world bands together now to end terrorism.

The night before the invasion, Gen. Dwight D. Eisenhower, told his troops, "The eyes of the world are upon you. Your task will not be an easy one. We will accept nothing less than full victory!"

These statements all hold true for our military's mission today. The sources of struggle are different, but the faces are the same. Remember what they did for us so that we may continue to make the world safe as they did.

Respect

Day honors more than just flag

By Scott Hubbartt-Backus
Retired U.S. Air Force chief master sergeant

Americans have three special days each year specifically set aside to honor veterans and our comrades in arms. Sadly, we too often overlook these opportunities to pay our respect and recognize the sacrifice and service of these individuals.

On Wednesday, Flag Day, we should all hoist Old Glory up, salute and give our old friend the respect it deserves.

How difficult is it to drive out to the local cemetery and pay our respects to a veteran hero who went and served before us? Perhaps you did on Memorial Day. If not, do so soon. Our fallen brethren won't mind a bit if it you visit their marker any day of the year.

Beginning during the Civil War, originally called Decoration Day, today's Memorial Day was set aside to recognize the nation's war dead by decorating their graves in small and large cemeteries. In nearly every community in the United States one can find the final resting place of our veterans. Additionally there are 123 national cemeteries as well as at least 84 state and territorial veterans cemeteries.

What of Armed Forces Day the week before? In 1950 President Harry S. Truman spearheaded efforts to set aside a single holiday when Americans could gather and collectively thank our military personnel for their service to the nation. And, of course, there is Armistice Day, Nov. 11, now known as Veteran's

Day in the United States. Then there is that third special day, June 14th, set aside to honor another veteran -- a faithful comrade who has accompanied each of us, and every serviceperson before us, to stations and battlefields in virtually every corner of the globe. For more than two centuries this veteran has always been faithful and is always ready for a parade. Our friend was there out at the cemetery last Monday when we were too busy. Not to fret, our friend

"Always faithful and decked out in full glorious parade dress uniform, our friend has guided and comforted countless of our comrades in arms."

was present and accounted for and standing tall on Armed Forces Day as well. In fact our friend is always there, and is in fact often overlooked and taken for granted.

Of course I am speaking of Old Glory, the U.S. flag. Always faithful and decked out in full glorious parade dress uniform, our friend has guided and comforted countless of our comrades in arms.

No doubt each of us can recall an example of our friend being present and evoking emotion in each of our lives. Perhaps in a parade, a funeral, on the battlefield, on the tail of a plane or over an embassy in a foreign land ... our friend is always there and loves to be on parade!

So I ask you to hoist Old Glory up Wednesday, salute, and give our old friend the respect and recognition it deserves.

Commander's Direct Line

Commissary baggers

Comment: My spouse and many of my friends work as baggers at the commissary. They aren't employees of the commissary. They work as "contractors" for each customer. The service baggers provide to the community is done for tips only and often seems unappreciated, based on the tips received. For example, after a Team Eifel member purchased about \$100 of groceries, the member only tipped the bagger a nickel inside the store. Then, after the bagger loaded the groceries into the member's car, the person tipped the bagger an additional two nickels. This left the bagger feeling very unappreciated.

Reply: Thanks for your note. I worked my way through high school as a bagger at Ramstein commissary for three years, so I can personally relate to your story. In this light, let me offer a few "tips" to both baggers and customers -- some basic rules never change.

Baggers -- If you want a big tip, you have to earn it. Start with a warm welcome, introduce yourself; strike up a conversation;

ask if there are any preferences; take extra care (visibly) with breakables such as eggs, etc. Separate soap products from everything else (no one wants their Cheerios smelling or tasting like Tide) ... The bottom line -- go the extra mile to provide outstanding service, and you will generally be rewarded in kind.

Customers -- Pay attention to the quality of service. If you like what you see, reward the bagger appropriately. Prices have gone up since I was bagging in 1975. As a general rule, I tip \$5 for a full cart with average service. For a bagger who smiles, makes conversation and does some of the extra "customer care" techniques above, the tip gets bigger. The harder they work, the bigger the tip. Remember, these kids (most are high school students) are in their first job. We should teach them that hard work and effort pay. You just never know when you might be tipping a future wing commander!

Again, thanks for your letter.
-- Col. Dave Goldfein,
52nd Fighter Wing commander



John Gibbs, Spangdahlem AB Commissary assistant head bagger, has packed groceries here for 2 years.

Eifel Times

Editorial Staff
Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public Affairs chief
Capt. Mike Cumberworth.....PA deputy
Tech. Sgt. Pamela Anderson.....PANCOIC
Senior Airman Eydie Sakura.....Editor
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Editorial content is edited, prepared, and provided by the 52nd Fighter Wing Public Affairs Office staff. All photographs are U.S. Air Force photographs unless otherwise indicated.



Col. Dave Goldfein

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.
Direct Lines of general interest will be published in the Eifel Times and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:
■ DirectLine@spangdahlem.af.mil
■ Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
■ To PA in building 23.
■ Concerns may also be sent via fax to 452-5254.
Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	374	61	- 5
23FS	245	66	+ 39
81FS	498	58	- 19

*Delta is contract vs. sorties flown to date.

Through June 6

Courtesy of the 52nd Operations Support Squadron Plans and Scheduling Section

Editor's Note: Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil. Call the 52nd Fighter Wing Public Affairs Office Internal Information Section at 452-5244 for more information.

Preschool bouncy castle

The Bitburg Annex Community Center preschool bouncy castle is open for children ages 5 and younger. It's open weekdays from 9:30 a.m. to 1:30 p.m.

Polish pottery bazaar

The Bitburg Annex AAFES main exchange features a Polish pottery tent now through June 30 from 11 a.m. to 7 p.m. daily.

Almost Famous comedy

The Almost Famous comedy show takes place tonight at 8:30 p.m. in the Club Eifel ballroom. The show is for ages 18 and older. Cost is \$20 for club members and \$30 for non-members. Call the club at 452-4639 for details.

Community Banks

Both banks are closed Thursday in observance of Corpus Christi Day, a German holiday.

Military history club

The European Military History Group meets Monday at 5 p.m. in Spangdahlem AB building 127, in the JFCOE classroom. The public meeting is open to anyone with knowledge or interest in military history. The club shares historical information and attends trips to sites. Call 452-7323 or e-mail EMGH-1@hotmail.com for more information.

Pack 161 roundup

The Cub Scout Pack 161 Summer Roundup takes place Tuesday at 6 p.m. in the Bitburg Annex movie theater. Call Kevin Rokey at 06554-9000892 or e-mail kev_rokey@msn.com for details.

Library news

♦ Now through August 31, Bitburg Annex Library is open weekdays from

11 a.m. to 5 p.m. and is closed weekends, American holidays and Customer College training days. Services are limited to computer use and borrowing and returning items. Photocopying, faxing, interlibrary loans and holds are not available through the summer.

♦ The Spangdahlem AB Library is closed June 22 at 6 p.m. for cleaning.

♦ Both libraries feature new return policies. Customers are responsible for returning items to the facility from which they are borrowed. Sponsors are now responsible for items not returned to the proper library.

Yard care contest

The military family housing yard and balcony of the month program begins the third week of June and continues through September. The 52nd Civil Engineer Squadron-sponsored program awards families residing in MFH and government-leased housing areas each month for maintaining attractive yards and balconies. Call 452-7944 or e-mail tanya.trimnal@spangdahlem.af.mil for more information.

Air Force survey

The 2006 Air Force Community Assessment continues for the next four weeks. The survey offers Team Eifel members the opportunity to share their ideas for improving military community quality of life. Active-duty members selected to participate will receive an e-mail notification. All active-duty military spouses are eligible to complete the survey by visiting www.spouseafcasurvey.com and using site access code SpouseAFCA. Call Lynn Luria at 452-9491 for more information.

Instructors needed

♦ Bitburg High School seeks certified secondary teachers, clerical staff and substitute teachers for the 2006/2007 school year. Application packages are available at the school's main office. Call 452-9202 or 452-9337 for details.

♦ The Bitburg Annex Community Center seeks instructors to teach Latin and swing dancing, singing, piano, languages and more. Call 452-9555 for more information.

Youth reading incentive

The 2006 USAFE Summer Reading Program for school-age youth begins June 19 at the Spangdahlem AB and Bitburg Annex Libraries. This year's theme is "Paws, Claws, Scales and Tales," featuring story hours and craft-making. Participants who reach their reading goals earn prizes and qualify to attend the Grand Finale party in August. Call 452-9055 or 452-6203 for details.

Cub Scout camp

Eifel Cub Scout camp for boys going into grades 1-5 takes place June 19-23 on the Bitburg Annex soccer and baseball fields. The registration fee is \$65. E-mail hcautrey@hotmail.com or call Christine Autrey at 01602-547218 for details.

Caring through divorce

A class on caring for kids through divorce takes place June 26 from 1-3 p.m. in Spangdahlem AB building 161. Call Laura Cobb at 452-8279 for details.

Brick House events

The following events take place in Spangdahlem AB's Brick House located in building 124.

♦ Konplat jewelry Bingo, Saturday at 11 a.m.

♦ Musicians jam and open mike night, Thursday from 7-10 p.m.

♦ Storming the dorms, open to Team Eifel. June 21 tailgate party for Dorm 134. June 28 water-blast splash for Dorm 332.

♦ Scavenger hunt, June 24 at 6 p.m. Team registration deadline is June 21.

♦ Tasty Tuesdays feature lunches for \$5 from 11 a.m. to 1 p.m.

Arts and crafts classes

For more information about the following classes, call the Arts & Crafts Center at 452-4141. Classes take place in Spangdahlem AB building 189, unless specified otherwise. Call at least one week in advance to schedule.

♦ Cake decorating, June 21 from 6-9 p.m. Cost is \$30.

♦ Tole painting, June 27 from 5:30-8:30 p.m. in Bitburg Annex building 2002. Also, June 29 on Spangdahlem AB.

Chapel Services

Spangdahlem AB

Catholic Mass

- ♦ Saturday, 5 p.m.
- ♦ Sunday, 8:30 a.m.
- ♦ Sunday, religious education, 9:45 a.m. (building 139)
- ♦ Monday - Thursday, 11:45 a.m.

Protestant

- ♦ Sunday, 10:30 a.m., traditional service
- ♦ Sunday, 1 p.m., Korean service
- ♦ Sunday, 5 p.m., Sunday Night Live service

Bitburg Annex

Catholic Mass

- ♦ Sunday, 11:30 a.m.
- ♦ Monday, 8:30 a.m.

Protestant

- ♦ Sunday, 8:15 a.m., Liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.



52D SERVICES
4TH OF JULY GIGANTIC FREEDOM FEST
PAVILION AREA NEXT TO THE BOWLING CENTER, BLDG. 300

Dog Show • 9-11 a.m.
9 a.m.-5 p.m. • One Pitch Softball Tournament
11 a.m.-noon • Country Hits by Chad Carter
11 a.m.-noon • Youth & Pet Parade
11 a.m.-2 p.m. • Salsa Cook-Off
11 a.m.-4 p.m. • BBQ Rib Squadron Cook-Off
1-2 p.m. • Rock Classics by Social Brutality
2-3 p.m. • Colossal Cookie Contest
2:30-3:30 p.m. • Performances by Youth Dance Teams
4-5 p.m. • "Tribute to Elvis" Elvis Impersonator
4-6 p.m. • **AUTOGRAPH SESSION WITH BILLY LANE**
5:30-6:30 • Country & Rock Classics by The Ty Chandler Group
7-9 p.m. • **THOM SHEPHERD AND HIS BAND**
OF NASHVILLE SONGWRITERS
10:30 p.m. • FIREWORKS

Spangdahlem AB
SERVICES
Comrad Support & Community Service

Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

Out and About

- ♦ An open air concert featuring the Trier Philharmonic Orchestra takes place **Saturday** 9 p.m. in the "Garten des Barockschloesschens." Call 06561-6001220 for details.
- ♦ The 9th Eifel Marathon takes place **Sunday** in Waxweiler. The race starts at 9 a.m. A 10-kilometer Nordic walk is also offered for non-runners. Registration fee is 25 euro per person. Late registrations are accepted until Sunday at 8 a.m. Call Theo Kraemer at 06558-519 or visit the German Web site at www.eifel-marathon.de for more information or to register.
- ♦ Happy Mosel, a traffic-free event for bicyclists and skaters, takes place **Sunday** from 9 a.m. to 7 p.m. between the towns of Cochem and Schweich. The route winds along the Mosel River for 150 kilometers and passes through more than 50 communities. Major activities take place in Zell, Traben-Trarbach, Neumagen-Dhron and Cochem.
- ♦ The Voices International chior performs June 18 at 7 p.m. in Ettelbrueck, Luxembourg. Cost is \$14 euro for adults, 10 euro for youth. For tickets, call (352) 470-8951 or e-mail ticket@pt.lu.
- 52nd Services Squadron Outdoor Recreation offers the following excursions. Call 452-7170 or visit ODR in Spangdahlem AB building 146 at least one week before events to reserve seats.
- ♦ Trout fishing, **June 24**. Cost is \$40. Fishing licenses not required. Most equipment included. Call for details.
- ♦ Introduction to scuba, **June 28**. Cost is \$35. Minimum age is 16 with a parent. Most equipment included. Call for details.
- Information, Tickets and Travel offers the following trips. Call 452-6567 or e-mail 52svs.itt@spangdahlem.af.mil, or visit the office in Spangdahlem AB building 124 at least two weeks before events to reserve seats.
- ♦ Paris Express, **June 24**. Cost is \$115 for adults, \$100 for children ages 3-12.
- ♦ Zell Wine Fest, **June 24**. Cost is \$29 per person.
- ♦ Holland Dolfinarium, **June 24**. Cost is \$75 for adults, \$70 for children ages 3-12.



The town center of Bad Muenstereifel, a walled community that dates back to the Dark Ages. It is located off of the the former Roman road, B-51.

B-51 takes travelers back in time

Story and photo by Brian Lindsey
52nd Fighter Wing Public Affairs Office volunteer

For a leisurely drive back in time, consider taking the B-51 north to Bad Muenstereifel.

The B-51 is a modern road originally developed by the Romans. It rolls through Trier and alongside Bitburg. One can travel to or through Pruem, Bitburg's sister city. It has sites of interest such as the Pruem Abbey, which was completed under Emperor Charlemagne's reign and consecrated in 799 A.D. The area also sports the Wolfsschlucht ski area.

While traveling north on the B-51, there is a small overlook parking area next to a medieval wall, which is only accessible from the southbound lane. This overlooks the ancient town of

Bad Muenstereifel. The street entrance to the town is a short distance down the hill.

One of the most striking features of this medieval town is the wall, dating from the 15th century and earlier. Large sections are intact, giving a sense of Dark Age security. There are churches dating to the Middle-Ages, one of which was rebuilt after World War II.

The pedestrian area of town is picturesque with numerous outdoor dining options along the river. Shops selling a variety of goods: meats, spice cakes and gem stones are also there.

There is even an apothecary museum offering a glimpse of health care in days gone by. For more information, www.bad-muenstereifel.de or call tourist information at 02253-542244.

Movies

The following movie listings are for today through June 22. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit www.aafes.com/ems/default.asp.

Spangdahlem Skyline

- Today
- Mission Impossible III (PG-13, 7 p.m.)
- Retired spy Ethan Hunt is called back to confront a ruthless international weapons dealer to rescue his love, Julia.
- Slither (R, 9:30 p.m.)
- A small town faces evil when their pets begin disappearing and the town's richest citizen begins behaving strangely.
- Saturday
- ATL (PG-13, 7 p.m.)
- Four teens endure the challenges of living in a working-class Atlanta neighborhood where hip-hop and roller skating rules.
- Mission Impossible III (9:30 p.m.)
- Sunday
- Mission Impossible III (4 p.m.)
- Basic Instinct 2 (R, 7 p.m.)
- A best-selling crime novelist is questioned when a sports star dies a mysterious death.
- Monday
- Slither (7 p.m.)

- Tuesday
- Basic Instinct 2 (7 p.m.)
- Closed Wednesday and Thursday
- June 16
- Ice Age 2: The Meltdown (PG, 7 p.m.)
- Prehistoric animals learn that a huge glacial dam is about to break and that they must all flee to the other end of the valley to survive.
- Goal! The Dream Begins (PG-13, 9:30 p.m.)
- An underprivileged Mexican-American immigrant in Los Angeles tests his talent on the soccer field in hopes of playing professionally.
- June 17
- Goal! The Dream Begins (7 p.m.)
- Lucky Number Slevin (R, 9:30 p.m.)
- A case of mistaken identity lands Slevin in the middle of a war between two of New York City's top rival crime bosses.
- June 18
- Ice Age 2: The Meltdown (4 p.m.)
- Take the Lead (PG-13, 7 p.m.)
- A ballroom dancer volunteers to teach dance at a New York public school. He and his students learn to work together and create a new dance.
- June 19
- Take the Lead (7 p.m.)

- June 20
- Goal! The Dream Begins (7 p.m.)
- Closed June 21-22
- Bitburg Castle
- Today
- The Sentinel (PG-13, 7 p.m.)
- Pete Garrison, a highly decorated Secret Service agent, is wrongly suspected of targeting the president for assassination and must prove his innocence.
- Stay Alive (PG-13, 9:30 p.m.)
- Teens find "Stay Alive," a next-generation horror survival videogame that they're not supposed to have and they're dying to play.
- Saturday
- Larry the Cable Guy (PG-13, 7 p.m.)
- Larry, a city health inspector who happily monitors greasy diners, must investigate food poisonings at the city's swankiest restaurants.
- Inside Man (R, 9:30 p.m.)
- Detective Frazier matches wits with clever bank robbers and a power broker with a hidden agenda.
- Sunday
- The Sentinel (4 p.m.)
- Stay Alive (7 p.m.)
- Closed Monday and Tuesday

- Wednesday
- The Sentinel (7 p.m.)
- Thursday
- ATL (7 p.m.)
- June 16
- Mission Impossible III (PG-13, 7 p.m.)
- Slither (R, 9:30 p.m.)
- June 17
- Mission Impossible III (7 p.m.)
- Basic Instinct 2 (9:30 p.m.)
- June 18
- ATL (4 p.m.)
- Slither (7 p.m.)
- Closed June 19-20
- June 21
- Mission Impossible III (7 p.m.)
- June 22
- Basic Instinct 2 (7 p.m.)

Power Zone

Spang Airmen lift to new heights, weigh-in on fitness routine

Story and photos by Senior Airman Eydie Sakura
52nd Fighter Wing Public Affairs Office

The clanking weights and ambient noise around the room didn't break his concentration as he prepared to lift 590 pounds from the floor. His eyes focused straight ahead as he inhaled a deep breath and used every fiber of strength to lift the weights. The veins bulged from his neck and blood rushed to his face.

Troy Saunders, a powerlifting guru on base, instills the image of strength, determination and health. He recently introduced a powerlifting team here and hopes to increase the team's size and strength by the end of the summer.

A 2006 U.S. Forces European Powerlifting champion, the 198-pound Saunders does heavy lifting 90 minutes a day, three times a week to maintain his body mass, yet does cardio six hours a week to round out his healthy, fitness-charged lifestyle. His best lifts to date are: squat, 606 pounds; bench press, 407 pounds; and deadlift, 595 pounds.

"Often, I am approached by people interested in getting in shape and wanting diet and fitness (routines). More than half of them balk at the initial 'diet' regiment, which is basically just eating healthier," said the 52nd Logistics Readiness Squadron European Transportation Training Center NCO. "All but two out of 100 people drop their jaws when I tell them that it's a life-long and permanent change."

Saunders said his more than 25 years of training is a way of life, and there is no light at the end of the tunnel and no final destination to reach. He said he knows he'll always have fitness in his life.

"This (healthy lifestyle philosophy) has proven true in my



Troy Saunders, 52nd LRS, spots Spangdahlem Air Base powerlifting team member, Anthony Anderson, 52nd LRS, during a training session May 22 at the Skelton Memorial Fitness Center.

Air Force career. I learned a long time ago that working to complete a job is not an end in itself," Saunders said. "Finishing a deployment or exercise, or getting through the latest (Operational Readiness Inspection) are only part of what I'm doing. Anyone who continues to have success throughout their career has more than likely kept to their 'strict diet'."

The notion of a "strict diet" could be related to any of life's endeavors. Saunders says that no matter what skill level a person has in the beginning, the dedication to the sport is invariably the best way to become the best.

Janna Evers, 52nd Medical Support Squadron medical logistician, said she began powerlifting when she ran into Saunders in the fitness center and he told her about a competition that was happening that weekend.

"I only had one week to get ready for the competition, but I love anything that is a challenge, and every time I lift weights, I try to push myself to lift more. So I figured, 'why not?,'" she said.

Evers said she had butterflies in her stomach at her first competition, the 2006 U.S. Forces Europe Powerlifting Championship in January. She placed second in her weight class, lifting 221 pounds in the deadlift, nearly double her bodyweight.

"Being a woman in a male-dominated sport drives me to be more competitive, and I like the challenge," Evers said. "I think women are scared that they are going to get huge with muscle mass just by picking up weights, but it actually has kept my body well-toned and defined."

Staying in shape and staying slender is important to Evers for her military career. She recently earned a perfect fitness test score, and she said it makes her feel proud to know she's achieving and excelling at the Air Force fitness standards.

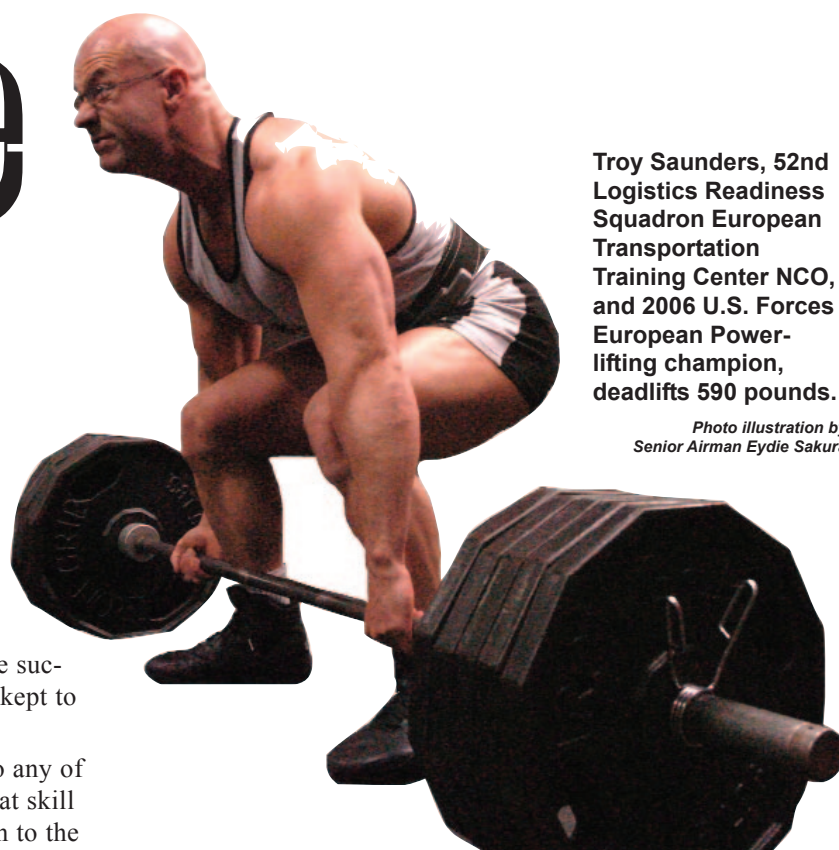
Anthony Anderson, 52nd LRS petroleum, oil and lubricants hydrants supervisor, also enjoys the health benefits of anaerobic (weight training) and aerobic (cardio training) conditioning that come with powerlifting.

"Powerlifting is awesome because of the compound movements involving just about every muscle group," he said. "It's a total body workout and increases my overall strength, which is why I like it so much."

Anderson is competing in his first powerlifting competition next month. He says the team from Spangdahlem Air Base represents excellence in the fitness arena and is a strong representation of the base.

Saunders agrees and says no matter what the experience level, he highly recommends powerlifting as a means to change a person's fitness lifestyle.

"The team spirit and competitive camaraderie is very inspiring for people interested in trying something new to pep up their fitness regime," Saunders said. "Anyone willing to dedicate the time and effort will be successful in whatever they choose to accomplish."



Troy Saunders, 52nd Logistics Readiness Squadron European Transportation Training Center NCO, and 2006 U.S. Forces European Powerlifting champion, deadlifts 590 pounds.

Photo illustration by Senior Airman Eydie Sakura

Burn, baby, burn ...

Muscle mass expends more calories than fat

By Senior Airman Eydie Sakura
52nd Fighter Wing Public Affairs Office

Some people may think brute strength is all that it takes to be a powerlifter, but it's more than that. It takes time, dedication and precision to hone the skill of powerlifting.

Powerlifters practice lifts repeatedly to develop their muscle system in conjunction with the nervous system, which ultimately creates the ability to lift more weight, but with less stress, said 2006 U.S. Forces European Powerlifting champion, Troy Saunders.

"Weights help build more muscle mass, and muscles require a lot of calories, and the more muscle mass you have the more calories you can burn," Saunders said. "It also helps build and maintain bone mass."

Saunders also mentioned that an extremely active person doing a very intense activity can get their maintenance level up to 40 calories a day, but on a rest day, it drops back to 10 calories a day.

"Fat only requires two calories a day to be maintained," he said. "Muscle is just better to have than fat, and weight training increases the metabolic rate for hours after a workout. Cardio is great at burning calories for the time it is done, but not throughout the day."

People who have sedentary lifestyles do not burn as many calories as a fit person. That is why Saunders says it is important for everyone to incorporate not only cardio but also weight training, stretching and down-time to relax.

Sports Briefs

Race helpers needed

Volunteers are needed to help in a variety of capacities with the Eifel Classic Cycling Race, taking place here June 17-18. Volunteer show time for June 17 is 11 a.m. and June 18 at 8 a.m. Call Mark Warner at 452-6634 for more information.

Boxing championships

The U.S. Forces Europe Boxing Championships take place Thursday through June 18 in Wiesbaden

Fitness Center on Wiesbaden Army Garrison, Germany. The competition is for active-duty military members. Rosters must be submitted to the Army Europe Sports Office before June 12. Visit www.mwr-europe.com for details.

Gym floor closure notice

The Spangdahlem AB fitness center gym floor is closed Tuesday through June 17 for resurfacing.

Powerlifting team at Spang

The 2006 U.S. Air Forces in Europe

Championship takes place in July at Spangdahlem Air Base. People interested in joining the team should call Troy Saunders at 452-1045 or e-mail him at troy.saunders@spangdahlem.af.mil.

Softball tournament in July

The USAFE Tune-Up Tournament takes place July 28-30 on Spangdahlem AB. The event is open to men's and women's teams. Registration costs \$250 per team. E-mail duane.haun@spangdahlem.af.mil or call 452-6831 or e-mail michael.lemond@spangdahlem.af.mil or call 452-6440 for details.

Hockey players needed

The 2006 USAFE Ice Hockey tournament champions, the Bitburg Bears varsity-level hockey team, need players for their upcoming season. The season runs October to April. For more information, call Master Sgts. Tom Poeschel at 452-5648 or Jeff Barr at 452-7410.

One pitch softball

A one pitch softball tournament begins July 4 at 9 a.m. on Spangdahlem AB fields 1-2. Entry costs \$50 per team. Call Mark Warner at 452-6634 for more information.